



Navy and Marine Corps Public Health Center "Quick Hits"



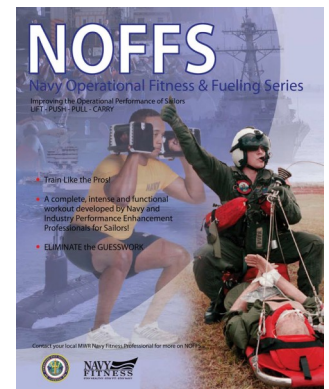
June-July 2011

Navy Operational Fitness & Fueling System

World Class Performance Training System Is Now Available to Sailors!

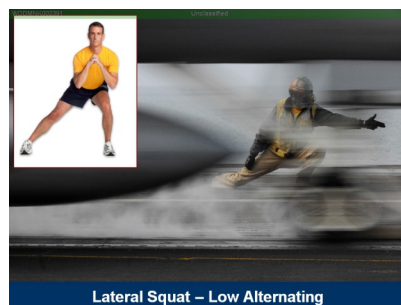
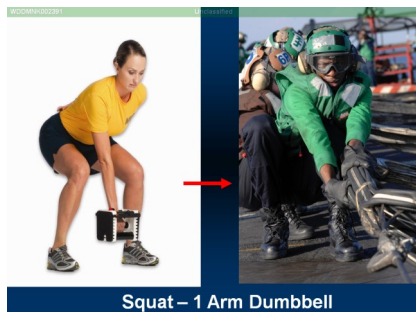
The [Navy Operational Fitness and Fueling System \(NOFFS\)](http://navyfitness.org/fitness/noffs/) employs a new methodology to keep Sailors ashore and afloat in top physical condition. Based on world-class sports science training philosophies that have produced multimillion dollar athletes, NOFFS is designed to improve operational performance, decrease the incidence and severity of musculoskeletal injuries and provide foundational nutritional guidance for Sailors. This "world class" performance training system was developed using the latest sports science methodologies combined with the foundational operational movement patterns of Sailors.

Why NOFFS? NOFFS was initiated as a response to a demand signal from the Fleet to improve the operational performance of Sailors by linking fitness to their daily tasks, with due cognizance of space and equipment limitations.



NOFFS Features...

- NOFFS includes over 90 exercises that "eliminate the guesswork" for Sailors when exercising
- NOFFS techniques focus on the prevention of musculoskeletal injuries
- Emphasizes optimized operational physical performance and nutrition
- Implementation is occurring at multiple levels, including Command Leadership School (CLS) for p-CO's and p-XO's, "A" school students (Great Lakes), and Command Fitness Leader training.
- Techniques tailored for different platforms. Simply "[Select a Series](#)" (Large Deck, Surface Ship, Submarine, Group Training) to meet your specific needs.
- Web-based resources for the Sailor at <http://navyfitness.org/fitness/noffs/> including downloadable illustrated **exercise cards**, **virtual trainer**, and **locate-a-trainer** assistant
- "Fueling" means Nutrition... to learn more, [CLICK HERE](#)



POC and Links

- NOFFS Homepage: <http://navyfitness.org/fitness/noffs/>
- NMCPHC Homepage: <http://www.nmcphc.med.navy.mil/>
- NMCPHC Healthy Living: http://www.nmcphc.med.navy.mil/Healthy_Living/